

## State of Iowa - 2009 Flu Clinics

### Flu Clinic - Frequently Asked Questions

#### ABOUT LOGISTICS

<b>Will there be flu clinics at work this year?</b>	Yes. The State of Iowa has contracted with Visiting Nurse Services of Iowa (VNSI) to conduct flu clinics at 25 central Iowa work sites between the end of September and mid-November.
<b>Who may receive a flu shot at our State of Iowa flu clinics?</b>	Flu clinics are available to State of Iowa employees and their families, adults and children 6 months and older.  <i>Note: Please review the information below to understand specific guidelines for selecting vaccine administration method and doses.</i>
<b>What other services will be available at the flu clinics?</b>	In addition to flu vaccine injections, with advance arrangements you may also choose to receive flu mist and/or a pneumonia vaccine.  A pneumonia vaccine may be administered at the same time as a flu vaccine.
<b>What is a pneumonia vaccine?</b>	A pneumonia vaccine is an important preventative action to protect against a serious bacterial, pneumococcal infection of the lungs, blood and brain.
<b>Who should receive a pneumonia vaccine?</b>	<ul style="list-style-type: none"> <li>• People 65 years or older</li> <li>• The very young</li> <li>• People with certain chronic health problems such as diabetes, heart, or lung diseases</li> <li>• People with weakened immune systems</li> <li>• Smokers</li> </ul>
<b>How do I make arrangements if I want to receive the flu mist or a pneumonia vaccine?</b>	<p>If you want to receive the flu mist or pneumonia vaccine you <b><i>must</i></b> preregister at least one business day in advance of your clinic by calling Julie, your professional service representative, at VNSI. .</p> <p>Julie will review the guidelines with you and reserve vaccine(s) for you at the clinic of your choice.</p> <p>Julie may be reached at (515)321-3134, Monday through Friday between 9:00 a.m. and 3:00 p.m. She will be happy to answer questions and provide assistance.</p>

<p><b>What do I need to know if I want my child to be vaccinated?</b></p>	<ul style="list-style-type: none"> <li>• Flu vaccinations for children <b>must</b> be preregistered.</li> <li>• Flu vaccinations are available for children 6 months and older.</li> <li>• VNSI will provide necessary documentation for children less than 9 years of age who are receiving a flu vaccine for the first time.</li> </ul> <p><i>Note: Please review the ABOUT CHILDREN section of this document for essential information</i></p>
<p><b>What are the costs?</b></p>	<ul style="list-style-type: none"> <li>• \$20 for the flu injection</li> <li>• \$28 for the flu mist</li> <li>• \$48 for the pneumonia injection</li> </ul> <p>Participants may pay by cash or check.</p> <p>Receipts will be provided for health spending account reimbursement.</p>
<p><b>ABOUT THE FLU</b></p>	
<p><b>What is the flu?</b></p>	<p>The flu:</p> <ul style="list-style-type: none"> <li>• Is a contagious viral illness which affects the whole body, especially the lungs, and is caused by the influenza virus.</li> <li>• Is more severe than a cold.</li> <li>• Comes on abruptly.</li> <li>• Includes the symptoms listed below.</li> </ul>
<p><b>What are the symptoms of the flu?</b></p>	<p>Symptoms may include:</p> <ul style="list-style-type: none"> <li>• a temperature of 101 ° or higher</li> <li>• cough</li> <li>• muscle ache</li> <li>• headache</li> <li>• sore throat</li> <li>• chill</li> <li>• tiredness</li> <li>• feeling ill all over</li> </ul>

<p><b>What can I do to prevent the flu?</b></p>	<p>Use the 3 Cs  <b>★CLEAN</b> your hands.  <b>★COVER</b> your coughs and sneezes with a tissue or your sleeve.  <b>★CONTAIN</b> germs by staying home when ill.</p> <ul style="list-style-type: none"> <li>• Wash your hands often - the most common way to catch the flu is to touch your own eyes, nose or mouth with germy hands. So keep your hands clean and away from your face.</li> <li>• Keep your distance when you are sick or if you are around someone else who is sick.</li> <li>• Keep it to yourself. One gift you can give others is to help prevent other people from catching your flu. The Centers for Disease Control and Prevention (CDC) recommends that you stay home from work, school and public places when you are sick. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.</li> <li>• Remember, a flu vaccine is the best way to protect you.</li> </ul>
<p><b>ABOUT THE VACCINE</b></p>	
<p><b>Why do I need a flu vaccination?</b></p>	<p>You need annual flu protection. Strains of the flu change from year to year. A flu shot each year provides immunity for the upcoming flu season. The previous year's vaccine may not protect against the current circulating strains.</p>
<p><b>Who should NOT receive a flu vaccination?</b></p>	<p>You should not receive a flu vaccination if you:</p> <ul style="list-style-type: none"> <li>• Are allergic to eggs or any component of the vaccine. The viral material in flu vaccine is grown in eggs.</li> <li>• Are younger than 6 months.</li> <li>• Have a history of Guillain-Barre Syndrome.</li> <li>• Have an acute illness and fever. You should not receive a flu vaccination until you are better.</li> </ul>
<p><b>After receiving a flu vaccination, how soon and how long am I protected?</b></p>	<p>For adults, it takes about two weeks from the time of vaccination for immunity to develop. Typically, immunity extends throughout the influenza season into the spring or longer.</p>
<p><b>What are the side effects of the vaccine? Can I catch the flu from the vaccine?</b></p>	<ol style="list-style-type: none"> <li>1. The flu shot is made from a virus that is no longer active. <b>No one can catch the flu</b> from a flu shot.</li> <li>2. Less than 1 out of 3 people will develop soreness around the injection site.</li> </ol>

	<p>3. Fever, aches and pains are not common and more severe reactions are rare.</p> <p>4. A recent American Lung Association study has proven the flu shot does not increase asthma attacks.</p>
<b>What is the flu mist?</b>	<p>There are two types of seasonal influenza vaccine</p> <ul style="list-style-type: none"> <li>• Inactivated, sometimes called the “flu shot” given by injection</li> <li>• Live, attenuated (weakened) influenza virus given as a mist sprayed into the nostrils.</li> </ul>
<b>Who may receive the flu mist?</b>	<p>The flu mist is approved for people:</p> <ul style="list-style-type: none"> <li>• 2 – 49 years of age</li> <li>• Who are not pregnant</li> <li>• Do not have a weakened immune system</li> </ul>
<b>Who should not receive the flu mist?</b>	<p>Some people should not receive flu mist:</p> <ul style="list-style-type: none"> <li>• Adults 50 years of age and older</li> <li>• Children younger than 2 years of age.</li> <li>• Children younger than 5 with asthma or one or more episodes of wheezing within the last year</li> <li>• People who have long-term health problems with: <ul style="list-style-type: none"> <li>- Heart disease                      - Kidney or liver disease</li> <li>- Diabetes                                - Lung disease including asthma</li> <li>- Anemia and other blood disorders</li> </ul> </li> </ul>
<b>ABOUT CHILDREN AND FLU VACCINES</b>	
<b>What are the recommendations for children?</b>	<p>Vaccination is the best method for preventing flu and its potentially severe complications.</p> <p>The CDC recommends all children aged 6 months and up to their 19<sup>th</sup> birthday receive a seasonal flu vaccine.</p>
<b>What are the recommendations for children receiving a seasonal flu vaccine for the first time?</b>	<p>Children ages 6 months to 9 years receiving a seasonal flu vaccine for the first time or those who received flu vaccine for the first time last season and received only 1 dose, should receive 2 doses this season.</p> <p>The second dose should be given 28 days or more after the first dose. The first dose “primes” the immune system; the second dose provides immune protection.</p> <p>Children who receive only one dose, but need two doses, may have reduced or no protection. If your child needs two doses, begin the process early to protect before the flu season begins.</p>

**What symptoms do children have with the flu?**

Children tend to have higher temperatures than adults, ranging from 103°F to 105°F.

Flu in preschool children and infants is hard to pinpoint, since its symptoms are so similar to infections caused by other viruses.

As in adults, symptoms in children may include:

- a temperature of 101° or higher
- cough
- muscle ache
- headache
- sore throat
- chill
- tiredness
- feeling ill all over